



WESLEYAN CHRISTIAN ACADEMY
MIDDLE SCHOOL & HIGH SCHOOL
SEPTEMBER 30 - OCTOBER 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	30	1	2	3	4
Grill	Cheeseburger	Jerk Seasoned Wings	Chicken Bacon Ranch Sandwich	Pizza (Veggie or Pepperoni)	Pasta Bar
Entree	French Toast Sticks Bacon Scrambled Eggs Hash Browns Fruit Salad	Tuesday Beef Tacos Corn Salsa Blackbeans Rice Cole Slaw Fruit	Chicken Parm Garlic Carrots Roasted Brussels Pasta Garden Salad Fruit	Roasted Chicken Legs Green Beans Rice Pilaf Sweet Potatoes Mash Fruit	Chicken Mac and Cheese Broccoli Garlic Breadsticks Garden Salad Fruit
Vegan	Vegan Breakfast	Bean & Veggie Tacos	Vegan Pasta	Vegan Pizza	Vegan Mac and Cheese
GI Safe	GF Bun Burger	Wings/ GF Tortilla Tacos	GF Pasta with Chicken	GF Pizza	GF Pasta
	7	8	9	10	11
Grill	Cheeseburger	Buffalo Wings	Chicken Cordon Bleu Sandwich	Pizza (Meat Lovers or Cheese)	
Entree	Scrambled Eggs Pancakes Bacon Fruit Salad Yogurt	Tuesday Beef Taco Corn Peppers and Onions Black Beans Seasoned Rice Garden Salad Fruit	Orange Chicken Rice Garlic Green Beans Ginger Soy Salad Fruit	Beefaroni and Meat Sauce Ranch Carrots Garlic Bread Sticks Garden Salad Fruit	Inservice No School
Vegan	Vegan Breakfast	Bean Tacos	Veggie Fried Rice	Vegan Pizza	
GI Safe	GF Bun Cheeseburger	Wings/ GF Tortilla Taco	GF Chicken Cordon Bleu	GF Pizza	
	14	15	16	17	18
Grill	Cheeseburger	Thai Chili Wings	BBQ Cheddar Chicken Sandwich	Pizza (Veggie or Pepperoni)	Pasta Bar
Entree	Chicken and Waffles Spiced Apples Tater Tots Yogurt Fruit Salad	Tuesday Chicken Taco Pinto Beans Rice Pico De Gallo Fruit	Sweet and Sour Chicken Broccoli Carrots Brown Rice Ginger, Garlic Noodle Salad Fruit	Cheeseburger Bar Peas Potato Wedges Cole Slaw Fruit	ACP Vegetable Medley Green Beans Garden Salad Fruit
Vegan	Vegan Breakfast	Bean & Veggie Tacos	Vegan Sw/Sour Chicken Meal	Vegan Pizza	Veggie "Cheese" and Rice
GI Safe	GF Bun Burger	Wings/ GF Tortilla Tacos	GF Chicken Nuggets Meal	GF Pizza	ACP
	21	22	23	24	25
Grill	Cheeseburger	BBQ Wings	Buffalo Chicken Sandwich		
Entree	Scrambled Eggs Biscuits/Gravy Sausage hash browns fruit salad	Tuesday Beef Tacos Corn Peppers and Onions Black Beans rice fruit	General Tsos Chicken Green Beans Stir Fried Cabbage rice fruit	Half Day	Parent Teacher Conference Day Inservice Day
Vegan	vegan eggs n' sausage	bean n' veggie tacos	bbq tofo		
GI Safe	Breakfast	Tacos w/ GF tortilla	Tenders		
	28	29	30	31	1
Grill	Cheeseburger	Buffalo Wings	Chicken Bacon Ranch Wrap	Pizza (Veggie or Pepperoni)	Pasta Bar
Entree	Chicken Waffles Cheddar Broccoli Home Fries Fruit Salad	Tuesday Chicken Taco Mango Salsa Pinto Beans Rice Cole Slaw Fruit	Baked Spaghetti Steamed Carrots Squash Bread Sticks Garden Salad Fruit	Sweet and Sour Chicken Green Beans Broccoli Ginger Rice Sesame Chop Salad Fruit	ACP Rice Garden Salad Mixed Veggies Fruit
Vegan	Vegan Breakfast	Bean & Veggie Tacos	Stuffed Portabella	Vegan Pizza	ACV
GI Safe	GF Bun Burger	Wings/ GF Tortilla Tacos	Pasta	Pizza	ACP

